Vancouver metro

Your essential daily news | TUESDAY, JANUARY 3, 2017

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metroLIFE

'If I get evicted, so be it. I'm speaking up'

DOWNTOWN EASTSIDE

Low-income residents start the year with eviction notices

Wanyee Li
Metro | Vancouver

Several residents in a Downtown Eastside (DTES) low-income housing site say they are being unfairly evicted after signing a fixed-term lease agreement for the new year.

Ross House is evicting eight single-room occupancy (SRO) tenants by increasing the rent to $660 from $450 as of Jan. 1, 2017, the DTES SRO Collaborative claims. The advocacy group made a copy of a letter, from Ross House Holdings Ltd. addressed to a tenant, available to media that appears to confirm at least one case of this.

That tenant, Aurora Dunkley-Johnson, told reporters Monday the landlord locked her out of the building after she stepped outside to speak with media.

But she says she does not regret her decision to share her story.

"I'm not afraid because I stick up for my rights, and I stick up for the people in the Downtown Eastside. I am a community person, in the Downtown Eastside. I was born and raised here," said the 23-year-old.

"If I'm going to get evicted, so be it. I'm speaking up for myself."

Metro's attempts to contact Ross House Holdings Ltd. were unsuccessful.

Fixed-term tenancy agreements are legal in B.C. but social-housing critics argue landlords use it as a loophole to increase rents by more than the legal amount for continuous tenancies. For instance, Dunkley-Johnson's rent rose by more than 50 per cent.

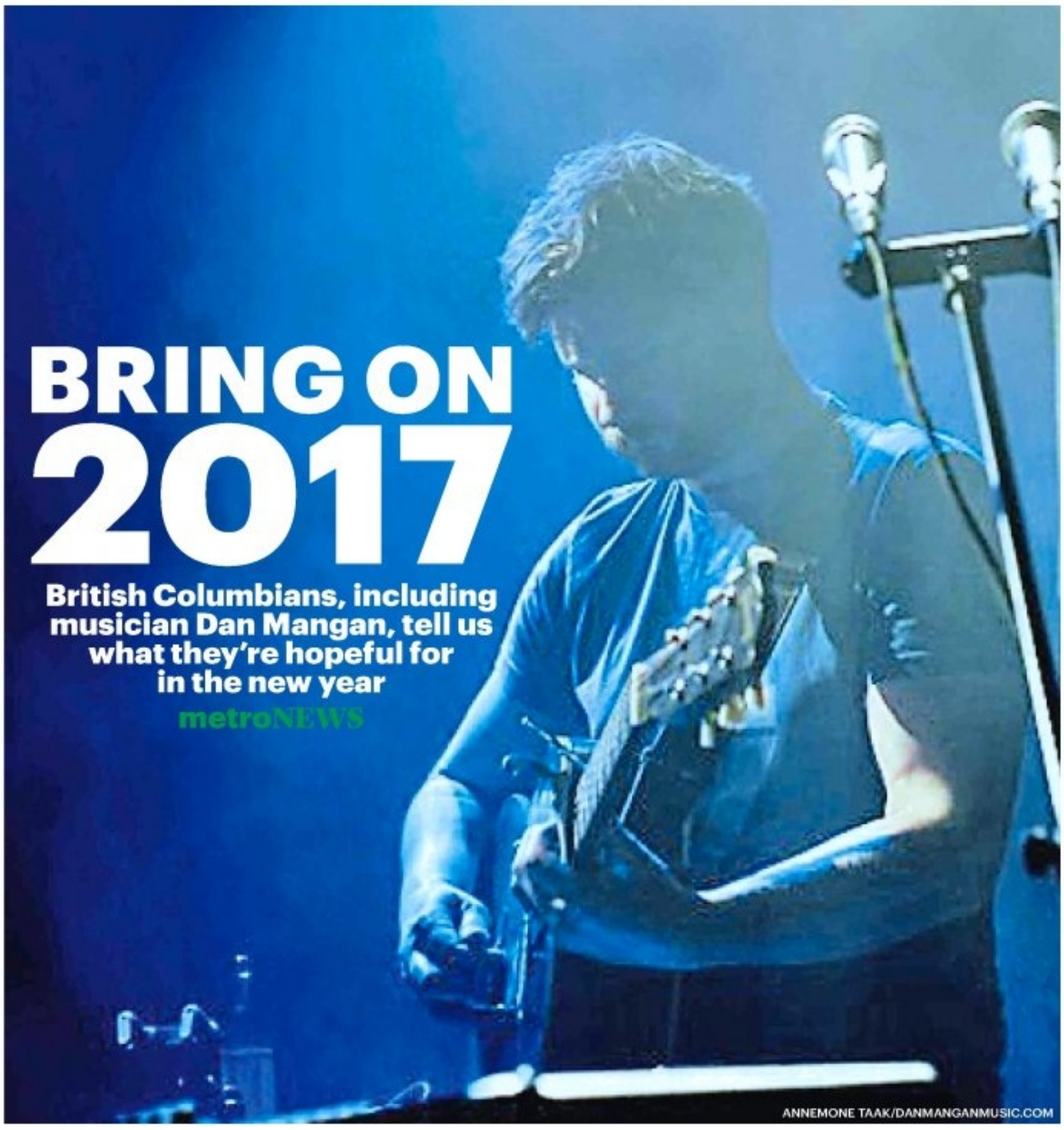
The new rate of $660 is $50 higher than the welfare cheques many DTES residents depend on, long-time social-housing advocate Jean Swanson pointed out.

Advocates say many SRO residents like Dunkley-Johnson sign fixed-term tenancy agreements because they are not aware of the consequences. Humberto Macias-Carrasco has been living at Ross House for a year and says he could not see well enough to read the fine print before signing the new lease.

"I'm going blind; I can hardly see. I don't know what to do," said Macias-Carrasco, who recently suffered a stroke.

SRO Collaborative organizer Wendy Pedersen plans to help at least eight tenants file claims with The Residential Tenancy Branch against Ross House Holdings Ltd. to fight both the evictions and rent increases.

"This level of intimidation isn't just happening here; tenants are feeling this all over the neighbourhood. We're tired of it. We are so sick of this."


BRING ON 2017
British Columbians, including musician Dan Mangan, tell us what they're hopeful for in the new year
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metro NEWS

Your essential daily news

Canadian woman from Milton, Ont. believed dead in Istanbul nightclub attack. **World**

New downtown schools signal families choosing urban centre

DEMOGRAPHICS

Huge increase in number of kids 'dwarfs' other areas

Wanyee Li
Metro | Vancouver

Crosstown Elementary in Northeast False Creek is slated to open September 2017. JENNIFER GAUTHIER/METRO

> **We're seeing this shift away in Vancouver from the single-family detached house.**
> Nathanael Lauster, a UBC sociology professor

A new school in Northeast False Creek and the possibility of building two others in Vancouver's downtown is a signal that more families are choosing to live in the city centre, says one demography expert.

City data shows a 134 per cent increase in the number of children in Vancouver's downtown neighbourhood from 2001 to 2011. That jump "dwarfs" any other neighbourhood in Vancouver, says Nathanael Lauster, a UBC sociology professor who studies Vancouverites' housing choices.

"(Downtown) is not going to appeal to everybody but it definitely appeals to enough people that the city is going to have to start responding," he said.

One of the biggest factors in accommodating families is building more schools, he said.

The new 510-seat, four-storey, Crosstown Elementary near Stadium SkyTrain Station is expected to achieve full capacity, according to the Vancouver School Board's projections, said associate superintendent David Nelson.

"Certainly Crosstown Elementary will be right within a neighbourhood that is set with the viaduct planning to move forward. There will be more development within this community," he told Metro in December.

The school's catchment area already has 325 registered public-school students and will open in September 2017, he said.

A nearby school, Elsie Roy Elementary in Yaletown, has had more applicants for kindergarten than other grades, which also indicates a growing need for classrooms in the downtown area, he added.

Nelson says the school board plans to build another elementary school in Coal Harbour and is looking at the possibility of setting aside money for an additional secondary school in downtown Vancouver as well.

It's a step in the right direction, said Lauster, who believes the flow of families toward urban centres, where there are few single-family houses, is a positive trend.

"We're seeing this shift away in Vancouver from the single-family detached house," he said.

"I definitely see it as a success. The more we can provide a diverse range of places for people to live, for families with children to live, the better off we are."

Make a difference

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Resolutions after a tough year

NEW YEAR

Prominent figures share what keeps them hopeful

David P. Ball
Metro | Vancouver

At the start of 2017, Vancouver artists and public figures offered Metro some of their resolutions for the new year.

From indie rocker Dan Mangan to former Dragons' Den judge Vikram Vij, outspoken First Nations leader Grand Chief Stewart Phillip, and violinist Hannah Epperson — here's what they offered, edited for length:

Metro: What are your New Year's resolutions — both personal and for the world?

Vikram Vij (owner, Vij's Restaurant): I want to expand my own horizons some more — I think that's something we should all do, especially after such a challenging year .... It would be wonderful if we could all challenge ourselves to do that.

Dan Mangan (Juno award-winning songwriter): To try to find some hopefulness in this joint.

Metro: Is there something you have learned in the past year?

Grand Chief Stewart Phillip (president, Union of B.C. Indian Chiefs): I'm incredibly proud of those British Columbians who have come together in such a very meaningful way to stand in defence of the environment, which is what makes B.C. one of the most beautiful places on the planet.

Metro: Any advice you may have for people who want to make things better but feel discouraged in today's context?

Hannah Epperson (musician, latest album Upsweep): I think we're all feeling the increasingly titanic weight of a world in distress, which has reached a new apogee (last) year.... None of us can take the weight of the world on alone, nor can we expect ourselves to do so effectively, no matter how many sun salutations we knock off the to-do list.

Vikram Vij: There is always hope — in the midst of chaos, there are always people helping, singing, praying, fighting the good fight. Be a helper. Be a singer. And you know what? Something that always brings people together is FOOD.

Metro: What gives you hope for the year ahead?

Dan Mangan: That every generation feels like it's really going to be the one to end it all.... We have to choose to see all the inspiring beauty around us, because it's there.

Grand Chief Stewart Phillip: At the end of the day, we can no longer depend on the courts or governments.... As we go into 2017, we need to bear in mind that we are the ones who will make a difference. And we can defeat the very real threats to our environment — to our rivers and streams, our wild salmon, and our coast.

Hannah Epperson: There is so much to love in this life and, when we let ourselves do so freely and unencumbered, we can muster the energy, grit and resourcefulness we need to defend what we love. This gives me hope.

B.C. musician Hannah Epperson says that none of us should try to take on the weight of the world alone. CONTRIBUTED/ HANNAH EPPERSON

> **This isn't a time to build barriers — it's a time to broaden our minds.**
> Vikram Vij

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WEATHER

Icy conditions in Vancouver not expected to end anytime soon

Wanyee Li
Metro | Vancouver

Vancouver-area residents can expect a few more days of icy sidewalks due to a cold snap blowing through the Lower Mainland this week, according to Environment Canada.

The mercury is not forecasted to rise above freezing until Wednesday, when it could go as high as 2 C. Then there is a chance of flurries or snow starting Thursday night until Sunday, according to the seven-day forecast.

With some Vancouver roads — even main arterials — still covered with ice Monday morning, some residents took to social media to voice their complaints.

People take part in the annual New Year's Day Polar Bear Swim in English Bay in Vancouver. JEN ST. DENIS/METRO

The city responded to 25 calls as of Monday morning, a spokesperson told Metro in a written statement. A full roster of crew and equipment are also dealing with hills, arterials, and priority bike lanes, according to the statement.

Residents are asked to call 311 or use the VanConnect app to notify the city of areas that need de-icing.

The average temperature range for this time of year is 0 to 6 C, according to Environment Canada.

Fighting the post-holiday stress

TIPS

Take care of your mental health as the new year begins

Wanyee Li
Metro | Vancouver

The holidays can be a stressful time of year for many but it can be even tougher for some people after presents have been opened, relatives leave and everyday life resumes.

December can trigger depression, anxiety, or just an overall decrease in mental wellness, said Sarah Hamid-Balma, director of mental-health promotion at the Canadian Mental Health Association's B.C. office.

"Sometimes people aren't really aware or they think they just have to plough through the holidays and they neglect their mental health," she told Metro.

"The big thing we ask people to do is if they are not feeling themselves and it's lasting a couple of weeks … then we would suggest you talk to someone and get help."

The post-holiday season can be a tough time physically and mentally for some. DREAMSTIME

Factors that can make it difficult for people to cope include financial stress, unmet expectations about the holidays, losing a loved one, or overindulging on sweets and alcohol, Hamid-Balma said.

"None of us are immune and especially this time of year, because the stress can trigger a whole bunch of things," she said. "It can bring on physical illness as well as mental illness."

Here are a few things people can do to take care of their mental health.

Self-care

General self-care can have a direct effect on people's mental health, said Hamid-Balma.

"Getting enough sleep, but not too much, getting outside, getting exercise, connecting with people you like to spend time with, watching how much caffeine, alcohol, sugar and fat you are taking in — for some people (these things) have a dramatic impact on their mood."

> **None of us are immune and especially this time of year.**
> Sarah Hamid-Balma

Mindfulness

Practising mindfulness can be useful as well, especially for people experiencing depression over regret or anxiety over the future.

"It's just a really effective technique on how to be in the present," said Hamid-Balma.

Make plans

For those who feel uneasy about an empty calendar all of a sudden, making plans can help. Even small events like a movie date with a partner, attending a book club meeting or going ice skating with the kids can make a big difference, she said.

"If you feel a little bit of that restlessness because of all the build-up and now I have nothing else to look forward to, then plan something else."

Resolutions

Consider including mental health in New Year's resolutions because those type of issues can come up at any time, said Hamid-Balma.

"(December) is not the only time of year where people feel stress," she said. "It's important to think of mental health year round."

Bounceback

People can access a mental-health coach via a free program called Bounceback. All people need is a referral from a family doctor.

It's a great service for those who do not necessarily want formal counselling or medication, but need help to cope with depression or anxiety, said Hamid-Balma.

SALE SALE SALE

On edge over free 150 entry

BIRTHDAY BASH

Nature lovers sound alarm for national parks in 2017

Parks Canada is preparing for an increase in visitors this year as people across the country and around the world request free annual passes to explore the nation's natural treasures as part of Canada's 150th anniversary celebration.

Conservationists say it is important for people to connect with nature, but there are concerns about how more tourists may affect the ecological integrity of some of the more popular parks.

Ben Gadd, a retired nature guide and author of Handbook of the Canadian Rockies, said he is worried about increased vehicle traffic.

"Clearly the highway system in the mountain parks — it is going to be terrible next summer all summer long," said Gadd, who has been hiking in the region since 1968.

"When you have that situation and animals trying to cross there are going to be more accidents, more animals killed."

Gadd said he is also concerned about crowded attractions, trash and people feeding or getting too close to wildlife.

He hopes there are enough staff to properly maintain the parks and to explain the rules to visitors, especially newbies.

According to Parks Canada, more than 900,000 people ordered a free Discovery Pass in the first two weeks after they became available last month.

The government predicts visits to national parks, historic sites and marine conservation areas will top last year's attendance of about 24.5 million.

Eric Hebert-Daly, national executive director of the Canadian Parks and Wilderness Society, said the Parks Canada plan is a good idea in principle, but there are some dangers.

Some parks such as Banff, Jasper and the Bruce Peninsula in Ontario are already very busy. Adding more people could take away from their grandeur, he said.

Hebert-Daly said the government should consider better ways to handle traffic in busy parks, including the increased use of shuttle buses.

There are also not enough wardens and scientists to monitor the health of the parks, he said.

"This may be the year where we realize just how overstretched some of these places are," Hebert-Daly said.

Canada's national parks have a long history of attracting tourists eager to view wildlife and wilderness. Increased media attention is expected to draw even more visitors.

National Geographic Traveler magazine has put the Banff area on its "Best of the World" list of 21 must-see places in 2017 and Parks Canada has been busy promoting on social media as part of the Canada 150 campaign.

On Dec. 1 so many people jumped online to get a free annual pass that the department's computer system slowed to a crawl.

Ed Jager with Parks Canada said staff know they are in for a busy year.

The number of cleaning and maintenance crews has been increased to ensure facilities will be kept in shape and that garbage doesn't attract wildlife, he said.

Jager said online orders for annual passes are being tracked to get a sense of which parks will see more traffic. Information about park rules is being sent to visitors.

THE CANADIAN PRESS

A video address by Prime Minister Justin Trudeau during New Year's Eve celebrations that kicked off Canada 150 on Parliament Hill in Ottawa. DAVE CHAN/TORSTAR NEWS SERVICE

HIDDEN GEMS

Parks Canada is trying to take heat off of more popular parks by promoting other, less-visited destinations.

The department has released a list of "10 hidden gems" across Canada for people to explore, including the Mingan Archipelago National Park reserve in Quebec, L'Anse aux Meadows National Historic Site in Newfoundland and Labrador and Grasslands National Park in Saskatchewan.

EQUALITY

Showing a different Parliament

Ryan Tumilty
Metro | Ottawa

As Canada marks 150 years as a country, Equal Voice is hoping to show them what a dramatically different Parliament could look like.

The organization, which encourages women to run federally, is bringing 338 young women from across the country to literally take a seat in Parliament on March 8, as part of a conference called Daughters of the Vote.

Jasmine van Schouwen, a law student at the University of Ottawa will represent her riding of Kanata-Carleton at the event. She said she hopes the event will show that there are women interested in office.

"There is a big myth that there aren't women who are qualified or interested in taking political office," she said. "It will be a beautiful image to see that there are women who are ready to take these positions."

Currently, women occupy 26 per cent of the seats in parliament. Van Schouwen said that low representation leaves a lot of issues off the agenda.

"It means that women's issues are often simply not discussed, but it also means that young girls don't have women to look up to."

She said, even if just briefly and symbolically, having every seat in Parliament occupied by a woman will show the system can change and be more representative.

Mary-Anne Carter, co-chair of the National Capital Region chapter of Equal Voice, said the event will include more than just the day in Parliament, but events designed to give women the tools to actually run for office.

BAGHDAD

Dozens killed in bombing

A suicide bomber driving a pick-up loaded with explosives struck a bustling market in Baghdad on Monday, killing at least 36 people in an attack claimed by Daesh hours after French President Francois Hollande arrived in the Iraqi capital.

The bomb went off in a fruit and vegetable market that was packed with day labourers, a police officer said, adding that another 52 people were wounded.

During a press conference with Hollande, Prime Minister Haider al-Abadi said the bomber pretended to be a man seeking to hire day labourers. Once the workers gathered around, he detonated the vehicle.

Daesh claimed the attack in a statement circulated on a militant website often used by the extremists. It was the third Daesh-claimed attack in as many days in and around Baghdad, underscoring the lingering threat posed by the group despite a string of setbacks elsewhere in the country over the past year, including in and around the northern city of Mosul.

Shiite militiamen loyal to Muqtada al-Sadr, the firebrand cleric for whose family the neighbourhood is named, were seen evacuating bodies in their trucks before ambulances arrived. Dead bodies were scattered across the bloody pavement alongside fruit, vegetables and labourers' shovels and axes. A minibus filled with dead passengers was on fire.

Asaad Hashim, an owner of a mobile phone store nearby, described how the labourers pushed and shoved around the bomber's vehicle, trying to get hired.

"Then a big boom came, sending them up into the air," said the 28-year-old, who suffered shrapnel wounds to his right hand. THE ASSOCIATED PRESS

Mourners carry the flag-draped coffin of one of the victims of the attack at a nightclub on New Year's Day on Monday in Istanbul. Turkey's state-run news agency says police have detained eight people in connection with the attack. EMRAH GUREL/THE ASSOCIATED PRESS

New Year's attack marks beginning of 'open war'

TURKEY

Daesh claims responsibility for shooting in Istanbul club

Daesh claimed responsibility Monday for a mass shooting at an Istanbul nightclub that killed 39 people, most of them foreign tourists, including a Canadian woman, who were ringing in the new year. It was the first claim of its kind for Daesh in Turkey.

The group said Christian revellers were targeted in response to Turkish military operations against Daesh in northern Syria. The claim came after a Daesh propaganda video urging attacks on Turkey, which is home to an airbase used in the U.S.-led effort against Daesh in Syria and Iraq.

Nearly two-thirds of the dead in the upscale club, which is frequented by local celebrities, were foreigners, Turkey's Anadolu Agency said. Many of them hailed from the Middle East.

Citing Justice Ministry officials, Anadolu reported that 38 of the 39 dead have been identified. The report said 11 of them were Turkish nationals, and one was a Turkish-Belgian dual citizen.

The report says seven victims were from Saudi Arabia; three each were from Lebanon and Iraq; two each were from Tunisia, India, Morocco and Jordan. Kuwait, Canada, Israel, Syria and Russia each lost one citizen.

The nightclub assailant, armed with a long-barrelled weapon, killed a policeman and a civilian early Sunday outside the Reina club before entering and firing at some of the estimated 600 people inside.

Daesh group boasts of having cells in Turkey, regularly issues propaganda in Turkish and is believed to have hundreds of Turks in its ranks. But until now, the main act of aggression it had claimed in Turkey was the March 2016 killing of a Syrian journalist and an attack on riot police in the province of Diyarbakir, which Kurdish militants also claimed.

For some analysts, the claim of responsibility signalled a shift in Daesh strategy in Turkey, a predominantly Muslim nation.

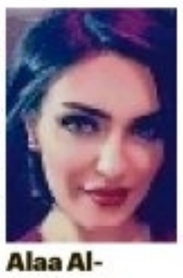
"It's a new phase," security analyst Michael Horowitz said. "What we saw before was an undeclared war, and now we're entering an open war."

The Daesh claim said only that the attacker was a "soldier of the caliphate" who struck to "let infidel Turkey know that the blood of Muslims that is being shed by its airstrikes and artillery shelling will turn into fire on its territories."

By attacking as the nation was celebrating the new year, the group indicated that it intends to continue being a "scourge" against Turkey in 2017, said Turkish Deputy Prime Minister Numan Kurtulmus.

THE ASSOCIATED PRESS

Canadian victim named



Alaa Al-Muhandis

The Canadian killed in the New Year's attack on an Istanbul nightclub has been identified as Alaa Al-Muhandis, from Milton, Ont.

Several media outlets are reporting that the mother of two was among the 39 killed when a gunman opened fire at a popular Turkish club during New Year's celebrations.

In a statement Sunday, Prime Minister Justin Trudeau confirmed that a Canadian had been killed in the attack and offered his condolences to the "families and friends of all of the victims of this horrible act."

On Twitter, Milton MP Lisa Raitt gave her "sincere condolences to Alaa Al-Muhandis's family and neighbours."

TORSTAR NEWS SERVICE

IN BRIEF

Scarface the dog attacks family over sweater

Police in Florida say a dog named Scarface attacked a family who tried to put a sweater on it. Tampa police say the pit bull mix bit a 52-year-old woman who was trying to dress it and her husband was attacked while pulling the dog off her. The couple's 22-year-old son was attacked trying to stop the dog by stabbing it in the neck and head. The three escaped the house and left the dog in the backyard. They ended up in hospital. THE ASSOCIATED PRESS

ALABAMA

Marching toward controversy

The marching band of Alabama's oldest private, historically black liberal arts college has accepted an invitation to perform at President-elect Donald Trump's inaugural parade, organizers said.

Talladega College's band will march at Trump's inauguration as other historically black schools such as Howard University, which performed at President Barack Obama's first inaugural parade, said they won't be marching in the Jan. 20 event.

"We were a bit horrified to hear of the invitation," said Shirley Ferrill of Fairfield, Alabama, a member of Talladega's Class of 1974.

"I don't want my alma mater to give the appearance of supporting him," Ferrill said of Trump on Monday. "Ignore, decline or whatever, but please don't send our band out in our name to do that."

The move has lit up Talladega College's social media sites with a sharp debate about the band's decision to participate in the parade. Some people voiced strong opposition, while others support the band's participation.

"After how black people were treated at Trump's rallies, you're going to go and shuck and jive down Pennsylvania Avenue? For what?" Seinya SamForay said in an interview. SamForay, of Chicago, was one of dozens commenting on social media sites.

The Presidential Inaugural Committee announced Friday that the Talladega College Marching Tornadoes was among 40 groups, including high school bands and military organizations, scheduled to perform in the parade. Some members of the Marist College band in upstate New York, also scheduled to perform at the inauguration, say they won't participate, a spokesman said. THE ASSOCIATED PRESS

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What to expect from tech in 2017

CONSUMER ELECTRONICS

TVs, cars and more virtual reality in this year's show

When the annual Consumer Electronics Show takes over Las Vegas on Thursday, the state of our technological nation will be on full display through countless devices and gizmos.

Everything from new product unveilings to decrees from industry associations to all sorts of goofy gadgets are sure to capture the technorati's attention — at least for a nanosecond until they move onto the next bright shiny object.

There may be some true innovations, but technology really is a copycat culture, with electronics companies striving to make sure they at least match their competitors, products lines, and, hopefully, improve on them. In many cases, it's evolution not revolution. At the very least, CES provides a starting road map for consumer technology in 2017. Here are some of the things we expect to see.

Visitors look on as a robot makes coffee with a Bonavita pot during the first day of the Consumer Electronics Show (CES) in Shanghai on May 11, 2016. AFP/GETTY IMAGES

SCREEN SCENE

Despite the proliferation of screens of all sizes, televisions are still a huge part of CES. Though the top-end TVs might steal the show, the exposition is also the place to watch for what real people may be going to buy.

This year, 4K will become the standard base model for a lot of manufacturers. There will also likely be more discussion of High Dynamic Range, which is the technology that enhances the colour spectrum on TVs. Currently, there are two competing standards, Dolby Vision and HDR 10. Possibly something will shake out at the CES and one standard can be decided on.

IT'S THE WHEEL DEAL

CES has become more and more of an auto show, with high-tech concept cars and likely plenty of announcements surrounding self-driving car technology expected this year.

Beyond the goal of a driverless car, there will likely be plenty of announcement of new in-car tech and dashboard apps and several car manufacturers and their technology partners.

Faraday Future, which launched with a concept car last year, has said it will show off a production model electric vehicle this year.

REALITY, VIRTUAL OR REAL

With the first wave of headsets out there, the big news will likely be around content, with some of the main players announcing deals to bring more stuff to people who strap on their headsets.

But CES is much more hardware and gadget focused, so we are also probably going to see a number of headsets from manufacturers who have yet to take the leap, including the likes of HP, Dell, Asus and Lenovo.

While the bigger-name manufacturers look to compete with the Oculus Rifts and HTC Vives in the VR world, the other area that's likely to show some action is augmented or mixed reality. At its most basic, these are technologies that can overlay information or images on the real world.

Pokemon Go was this year's breakthrough augmented reality app, but proponents of the technology have huge hopes about how it can change the way we interact with the world. One hypothetical example would be a map app that displayed directional arrows on a car's windshield.

TORSTAR NEWS SERVICE

FINLAND

Basic income for unemployed

Finland has become the first country in Europe to pay its unemployed citizens a basic monthly income, amounting to 560 euros ($587), in a unique social experiment that is hoped to cut government red tape, reduce poverty and boost employment.

Olli Kangas from the Finnish government agency KELA, which is responsible for the country's social benefits, said Monday that the two-year trial with the 2,000 randomly picked citizens who receive unemployment benefits kicked off Jan. 1.

Those chosen will receive 560 euros every month, with no reporting requirements on how they spend it. The amount will be deducted from any benefits they already receive.

The average private-sector income in Finland is 3,500 euros per month, according to official data.

Kangas said the scheme's idea is to abolish the "disincentive problem" among the unemployed.

THE ASSOCIATED PRESS

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CONSUMER PRODUCTS

Coca-Cola stays on top in Japan

Coca-Cola has been the No. 1 beverage maker in Japan for half a century, but it's not thanks to the popularity of Coke. Instead, the American soft-drink brand has adapted to the quirky ways this society quenches its thirst.

Coca-Cola's nearly 1 million vending machines account for about half of all the vending machines in Japan. Many of them do stock Coke and Coke Zero. But most of the beverages sold by those state-of-the art machines have nothing to do with the company's namesake soda.

Among the bigger favourites are "Georgia" brand canned coffee, orange-flavoured water and of course, green tea, the traditional drink of choice.

Japan is The Coca-Cola Co.'s second-biggest market after the U.S., raking in more than 1 trillion yen ($11 billion Canadian) in annual sales. But consumers here aren't crazy about bubbly drinks like Fanta and Sprite, other perennial U.S. favourites.

Instead, the notoriously fad-loving Japanese flit from one trend to another across an array of weird product offerings, such as soda drinks with odd flavours like smelly durian fruit or garlicky kimchee that mostly are attention-getting products intended for fun.

Though its product offerings don't go quite that far, Coca-Cola has 850 different beverages in Japan alone, not counting discontinued brands. Among the most popular is Qoo, a water-drop-shaped forest creature designed to appeal to Japan's cult of the cute.

"It is so difficult to survive," Takashi Wasa, senior vice-president at Coca-Cola Japan, told The Associated Press at the company's Tokyo headquarters.

The odds of having a hit are "Maybe just three out of a thousand," he said.

Among 20 Coca-Cola global brands that bring in $1 billion or more in annual sales, four came from Japan: the Georgia coffee lineup; Aquarius, a Gatorade-like drink; I Lohas bottled water and Ayataka green tea. Other global top-sellers are Coke drinks or were added through acquisitions, such as Minute Maid and Matte Leao.

> **I have travelled the world for Coca-Cola and I have never seen such a variety of products and such an intensive pace of new launches.** Raymond Shelton

Matte Leao, an herbal tea extremely popular in Brazil, is an example of adapting to local tastes.

But the company's Japan operations take that to an extreme, said Raymond Shelton, senior executive officer for Coca-Cola East Japan.

"Japanese consumers drink across beverage categories each and every day, so I would say they have a much broader set of demands," Shelton said.

Over the past decade or so, green tea has grown into a 777 billion yen ($8.9 billion) packaged beverage market in Japan; many Japanese now prefer tea conveniently packaged in plastic bottles, rather than steeped in teapots.

That makes Ayataka, which sells for 140 yen ($1.60) for a half litre bottle, an important brand for Coca-Cola. Developed in partnership with 1,600-year-old Kyoto-based tea grower Kanbayashi Shunsho, Ayataka also is sold in Singapore, Hong Kong and Taiwan.

Ads for Ayataka tea feature a taste test by Kyoto apprentice geishas and Japanese chefs vouching that its flavour is indistinguishable from tea from a teapot. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Tuesday, January 3, 2017

BRENT TODERIAN ON HOW MATH CAN HELP BUILD GREAT CITIES

The math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

First, an admission — when I was in school, math was my least favourite subject.

But these days, as someone who advises cities and best-practice developers around the world on what I call "advanced urbanism," math just might be my favourite thing to talk about.

That's because when it comes to designing and building smarter and more successful places, we understand more about the quantifiable science of cities — the "math of city-making" if you will — than ever before.

When it comes to great cities, I'm the first to point out that not all that counts can be counted. But most of the things we can count lend support to smarter ways of thinking about how our cities grow and change. To be blunt, the math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

Here are just a few examples:

- A common political argument is that bike and transit riders should "pay their own way." A study in Vancouver, however, suggested that for every dollar we individually spend on walking, society pays just one cent. For biking, it's eight cents, and for bus-riding, $1.50. But for every personal dollar spent driving, society pays a whopping $9.20! Such math makes clear where the big subsidies are, without even starting to count the broader environmental, economic, spatial and quality-of-life consequences of our movement choices. The less people need to drive, the less we all pay.

- Another study in Copenhagen (where the full cost of transportation choices are routinely calculated) found that when you factor in costs like time, accidents, pollution, and climate change, each kilometre cycled actually gains society 18 cents!

- Over the last decade, Canadian cities like Calgary, Edmonton, London, Halifax, Regina and Abbotsford have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs. The resulting math has been powerful, revealing that tens of billions of dollars in public money have been spent on car-dependent suburban growth rather than on smart infill — and I haven't even yet seen such a study that includes *all* the full and life-cycle costs of our growth choices. Once these shocking numbers are revealed, municipal leaders can't "unknow" them, no matter what political ideology you live by.

Want more examples? There's math showing that replacing on-street parking with safe, separated bike lanes is good for street-fronting businesses. That crime goes down as density goes up. That you can move more people on a street when car lanes are replaced by well-designed space for walking, biking and transit.

Many of the biggest fear-based myths that get raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. And that's before we even get to the many intangible and uncountable (but equally well-demonstrated) benefits of smarter city-making. It's important to remember that if we just throw a lot of numbers around, people can easily fall asleep. I sure would.

But when you combine this unprecedented understanding of the math of cities, with a much more engaging, personal and persuasive approach to story-telling, then the conversation can get much more interesting and successful. So that's why I now love math. If we're not boring about it, it can add up to much better cities.

Over the last decade, Canadian cities have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

SKYLINE OF VANCOUVER. Many of the biggest fear-based myths raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. ISTOCK

Brent Toderian is a leading national and international city planner and urbanist with Toderian UrbanWORKS; Vancouver's former chief planner; & the President of the Council For Canadian Urbanism.

Vancouver, let's learn to share nicely in 2017

CITY HOLLER
Trish Kelly

It seems like Vancouverites are keen on the sharing economy. We have the biggest Car2Go fleet in the world, and it's only one of four car-sharing services in our city. Last year, we got our first bike sharing service and an app to match dogless dog lovers with a pooch for the day. And we've been doing it for years; we've had a tool lending library since 2011. But do we share nicely?

The question came to me after work the other day. Rushing to an appointment, I'd reserved a car, conscious that the 30-minute reservation window would give me 15 minutes to wrap up my inbox before I had to begin the hunt. Hunt is the right word to use, since my semi-industrial neighbourhood provides plenty of hiding spots that my fellow car "sharers" will often use to stow a car.

The intention behind car sharing — and many other pay-per-use aspects of the sharing economy — is to acknowledge that a useful thing is likely only useful to a single person a small percentage of the time, and when it is idle, that's a waste of resources.

But car hogs are users who decide to drive a car and then hide it where no one will be able to find it, hoping to snag it again for the return trip. Private parkades, fenced-in parking lots and personal garages are some of the crafty ways those who don't carshare nicely try to stash their cars.

In this case, I found the car hidden beside an active set of train tracks, behind a dumpster. The people who make such jerk moves undermine the sharing economy. I suspect they are also the people who leave their disposable coffee mugs, parking tickets and other trash for the next user to deal with.

It makes sense to get into sharing. We live in an expensive place, where space is at a premium; who can afford to own something we only use infrequently?

A 2016 study by the Sharing Project found that 85 per cent of respondents claimed to be sharing in some way in their lives. From lending out your favourite book or leaf blower, to borrowing a rec room for your Oscar party, Vancouverites already share.

But sharing is a fragile concept that sits directly on top of trust. If we want to benefit from a neighbour's power tool collection, or borrow a dog for an afternoon, more is required than liability insurance and clean-up fees.

We have to remember we're in this together, that sharing means when you're not using it, someone else, another human who's just as worthy as you, holds it in their hands. We have to share nicely.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

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A first baby for LC: Former star of MTV's The Hills Lauren Conrad announces she is pregnant

SKINCARE

Pseudo-science behind 'clean' beauty product trend: Experts

Melissa Dunne
For Metro Canada

Gwyneth Paltrow once infamously bragged about having the butt of a 22-year-old stripper, but perhaps she should have been bragging about having the skin of a 30-ish model.

Whether you love or hate the actress-cum-entrepreneur, one has to admit the skin of the 44-year-old looks ah-mazing on the cover of the new book Goop Clean Beauty, released last week.

The sleek tome, by the editors of her popular lifestyle publication Goop with a foreword by Paltrow, devotes a large chunk to the supposed superiority of "clean … organic, non-toxic" beauty products.

Paltrow, or GP as she likes to call herself, is the latest in a long line of celebs to pitch "clean" makeup and skincare products to average Janes who don't have the skin of a star, but would like to.

Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto, says there is immense interest, with patients asking her every day about these kind of products.

"GP's Essential Six" skincare items will cost you about $1,000. Is it worth it? Likely not, said Timothy Caulfield, author of Is Gwyneth Paltrow Wrong about Everything?

The beauty products industry, both in Canada and the U.S., has little government regulation and consequently companies and celebrities have a very wide berth to make all sorts of "sciencey-sounding" claims, he said.

Celebs like Paltrow and Jessica Alba are using fear, pseudo-science, and guilt to sell products to make a lot of money, said Caulfield in a phone interview from Calgary, where he is a Canada Research Chair in Health Law and Policy and a professor in the Faculty of Law and the School of Public Health at the University of Alberta. Carroll concurs.

"It's about profit," said the skincare expert in a phone interview. "They're fear mongering."

Carroll advises you take the often-outlandish claims of stars trying to sell you pricey beauty products with a very large grain of Himalayan crystal salt.

Let's face it — no amount of product is likely to give you GP's skin or butt. If you have an actual skin problem, see an actual dermatologist.

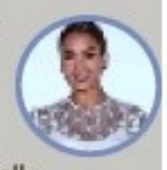
'Clean' beauty claims:

To be taken with a grain of Himalayan crystal salt

> **It's about profit. They're fear mongering.**
> Dr. Julia Carroll of Compass Dermatology in Toronto

BRANDS

Juice Beauty
Gwyneth Paltrow teamed up with Juice Beauty to release makeup and skincare products in collaboration with Goop. The packaging is all clean lines and clear fonts that connote that these "organic, non-toxic" products look very pretty and will definitely cost you a pretty penny.



Honest Beauty
The Honest Company was co-founded by actress Jessica Alba and sells products made without a long list of what Honest Co. claims are "potentially health-compromising chemicals or compounds." Alba and co. are clearly onto something as Unilever PLC was reportedly in talks this fall to take over the brand for a valuation of about $1.35 billion.

RMS Beauty
RMS Beauty was founded by makeup artist Rose-Marie Swift and sells what it calls organic colour cosmetics. The company states that all of their beauty products are: gluten free (with the exception of the volumizing mascara), GMO free, soy free, and nano free. Supermodel Gisele Bündchen is among stars who have endorsed the items, bearing the minimalist RMS logo.

BRAIN INJURIES

Push for sharper focus on effects of female concussions

Katherine Snedaker says she has had 20 concussions, the first three decades ago from a car accident when she was 16. But it wasn't until her son suffered a series of concussions in the sixth grade, around 2008, that she felt compelled to learn all she could about head injuries to help him recover.

During her journey of learning, she has become a nationally known advocate for better research, medical care, and support for girls and women with brain injuries, including concussions.

She founded her non-profit advocacy group PINK Concussions in 2013 in response to what she discovered was a lack of focus on female concussions. She formed the group during a yearlong medical leave to treat breast cancer and while rebuilding her home, damaged by Superstorm Sandy.

Some studies show females suffer more concussions than males when playing similar sports. Doctors agree more research is needed on any gender differences and whether women experience more severe symptoms or take longer to recover.

Most research has focused on men, especially dozens of former football players who died from a degenerative brain disease that has been linked to concussions.

"There's a lot we don't know," said Snedaker, 49, a clinical social worker who gave up her regular job to advocate full-time at her own expense. "What I wanted to do was educate the public."

Snedaker has sought to keep a light shining on the need for more research, better medical care, and more community support for girls and women with concussions and other brain injuries suffered through sports, military service, domestic violence and accidents. She has organized several conferences that have brought together medical experts and military leaders she has met, done dozens of media interviews, and launched a website — Pink Concussions — to share information.

In March, Pink Concussions will hold its second annual international summit on female concussions and traumatic brain injuries; it will be hosted by the National Institutes of Health.

A major impetus to Snedaker's activism has been hearing stories in support groups and in surveys from women and girls suffering from concussions. Many shared similar stories of not healing as fast as people thought they should, doctors minimizing their conditions and feeling isolated while recovering at home, she said.

"These girls had been cycled through the medical community and kind of spit out," Snedaker said. "What totally got me were these women who were isolated and alone." THE ASSOCIATED PRESS

$30 million

A $30 million, three-year study being done by the NCAA and Department of Defence is being billed as the largest ever of concussion in sports. Preliminary results are expected in late January with doctors indicating it may lead to rule changes and international guidelines on prevention and treatment.

NEW YEAR PLANS

Keep resolutions within your budget

With the dawn of a new year, it's natural for people to see a bigger, better version of themselves over the next 12 months. But some of the most common promises we make can be costly. Here is how to keep them without breaking the bank:

Eat healthier

While food prices have been falling recently, they're expected to swing up again in 2017, which could make it more expensive to maintain a healthy diet. But it's possible to eat well on a budget, says Leanne Brown, author of the cookbook Good and Cheap.

"The No. 1 thing you can do is really begin to embrace cooking," she says, encouraging the use of raw ingredients over processed ones as the latter tend to cost more.

Other tips include buying items that can be used in multiple recipes, such as canned tomatoes; buying in bulk if possible; and slowly building a pantry full of staples.

She suggests purchasing produce that's in season and always having eggs in the fridge, as they're a cheap and easy-to-cook source of protein.

Before heading to the store, Brown recommends checking what produce is left in the house and figuring out a way to use leftovers, even if they're slightly wilted, to reduce waste.

Boost net worth

Canadians continue to rack up record amounts of debt, so it shouldn't be surprising that some may want to pay back their creditors or stash away a nest egg for the future. A DIY approach that doesn't require shelling out for a financial adviser or planner can work.

"It doesn't have to be that complicated," says Shannon Lee Simmons, founder of the New School of Finance, a Toronto-based business that offers fee-only planning and personal finance e-courses. "You could do this all yourself with just an Excel spreadsheet."

For those looking for something more advanced, and willing to spend some money, Simmons says there are plenty of online courses that guide students through financial literacy basics or target specific life stages, like planning for a baby or house purchase.

Get fit

Boutique gym memberships, personal trainers and high-tech equipment can cost a bundle, but working out can be effective on any budget. There's a plethora of free or inexpensive exercise videos on the Internet people can follow along with at home, says Simmons. For people who want to learn from a personal trainer before starting to work out at home, Simmons recommends finding an expert willing to barter. Those wanting the camaraderie of a fitness class can scour coupon sites like GroupOn for deals or buy a pass like ClassPass that allows users to sample a wide range of gyms, she says.

Read more

It's not necessary to have a shiny, new e-reader and shelves of the latest books to be well-read. There are plenty of free or inexpensive options for stocking up on literature. Ask friends and family to swap or borrow books — also a good way to stumble into new genres — or shop in second-hand stores rather than buying new. Visit the local library. They also often lend e- and audio-books and passes to local attractions.

Check to see if there are any so-called little free libraries in the neighbourhood — they come in the form of little wooden boxes often outside a home, filled with books for passersby to "take a book, return a book," according to the Little Free Library, an American non-profit organization that promotes literacy.

THE CANADIAN PRESS

Shannon Lee Simmons says boosting your net worth doesn't have to be that complicated. FRANK GUNN/THE CANADIAN PRESS

How would you like to tip zero per cent?

HOSPITALITY

Industry split on moving to non-gratuity model

Restaurant owners are grappling with the thorny and complex issue of balancing the huge discrepancy in income between servers and kitchen staff created by the current practice of tipping.

Front-of-house staff generally receive a gratuity of between 15 per cent and 22 per cent while cooks who make the food may labour for minimum wage.

"The truth is labour costs are going up, minimum wages are going up, restaurant margins are going down, and so in order to close that gap and keep people working in the kitchen, restaurants are going to start taking control of that tipping revenue as a way of just making sure they can continue to meet labour costs," says Mike von Massow, a professor in the department of food, agriculture and resource economics at the University of Guelph.

The issue of tipping differs depending on the industry sector — fine dining, casual or quick service.

"And even within the certain sectors — we've done some surveys and whether to move to a non-tipping model or not — our industry is split almost evenly on the issue," says Mark von Schellwitz, vice-president for Western Canada for Restaurants Canada, who is based in Vancouver.

"There's certainly no consensus on which way to go."

Proposed models include a hospitality charge, profit sharing or a hybrid plan in which there's a moderate increase in pricing along with a small service charge.

"I'm very much in favour of cooks and waiters and all restaurant employees making a living wage, which many of them don't at this time," says Anthony Bourdain, host of Parts Unknown which airs on CNN.

"Is the no-tipping, service-included plan the way to get there? I don't know. I'm open-minded about it. I tip 30 per cent. Everyone should, in my view, but absent that, I suspect it's the future."

An old tip jar at a coffee shop in Toronto makes a compelling argument for tipping. But the issue has become more complex this year. TORSTAR NEWS SERVICE FILE

Dining chain Earls launched a 16 per cent hospitality charge in July at its 67th location, in downtown Calgary, to test the waters.

Craig Blize, vice-president of operations says the experiment, which the company will begin to evaluate in January, has been "polarizing."

"A lot of our staff love it. Our kitchen staff definitely loves it and our support staff loves it and the majority of the servers do as well," says Blize, who is based in Vancouver.

"There have been some staff that have been disgruntled or haven't liked that option so we have moved them to other Earls where we do have tipping." There are no plans to roll the policy out to other locations.

Meanwhile, some guests love the all-inclusive charge while others "despise" it because they feel they've lost control over recognizing the service they've received. Earls.67 will waive the hospitality charge if a client is displeased with the food or service.

"Unless we're willing to pay more for food, which I think we should be doing anyway, I think tipping needs to be something we should still see as a valuable thing of celebrating getting good service."

Ned Bell, Vancouver Aquarium's Ocean Wise executive chef

But evidence suggests people don't vary their tipping much whether they've received good or bad service, says von Massow. "It's a social norm. We just do it anyway."

In the history of gratuities, "tips" was an acronym for To Insure Prompt Service.

"When it began originally, I believe it was in the U.K., the tip was paid before the meal, so you gave the server a little bit of money just to make sure you got good service, then it evolved to coming after the meal," says von Massow.

"In fact, most of Europe has moved away from tipping even though that's where it began. It's deeply rooted here."

THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Leaving us gasping for more

Music, directing, writing and acting come together in a startling way in Brit Marling's The OA. CONTRIBUTED

THE SHOW: The OA, Season 1, Episode 5 (Netflix)
THE MOMENT: The gasp (spoiler alert)

The OA (Brit Marling) and four others who've had near-death experiences are being held prisoner in adjoining Plexiglas cells by Dr. Hunter Hap (Jason Isaacs), who's desperate to prove there's an afterlife. But one of his experiments goes too far.

In grief and defiance, The OA begins a series of movements she learned in the afterlife. In the next cell, Homer (Emory Cohen) joins in. (Music begins to play on the soundtrack.) The lights dim for night. The pair continue moving in the dark.

In the morning, Homer and the OA are still dancing. (The music changes.) Rachel (Sharon Van Etten) notices something in the next cell. (The music swells.) Homer and The OA dance. Suddenly, another character sucks in his breath.

Watching this in my office with headphones on, I sucked in my own breath so loudly that my dog, asleep at my feet, woke up barking.

This series is impossible to describe. Essentially, it's about goodness, but it's all tone and mood.

The plot sounds absurd unless you're inside its spell. This is possible only because the creators — Marling and her frequent collaborator Zal Batmanglij write it, Marling stars in it, and Batmanglij directs — were able to realize a unified vision.

With most art, you aim for greatness and then accept when it eludes your grasp.

Here, Marling and Batmanglij create a perfect moment where writing, acting, direction and music come together in a way that's both startling and inevitable. That gasp is the rare sound of getting it right.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ORDER OF CANADA

Tagaq is not into 'happy, pretty' art

Tanya Tagaq Gillis was among 100 awarded the Order of Canada. SIX SHOOTER RECORDS

As Canada enters a year marked by national birthday celebrations and the beginnings of an inquiry into the country's past, sordid treatment of its indigenous peoples, Nunavut-based throat singer Tanya Tagaq Gillis hopes her music will open minds and lead to change.

So far, though, she's been confronted by some closed ones — people who send her hate mail over how her art form breaks from tradition.

At home in the North, Tagaq Gillis, who is among the latest list of 100 Canadians to be awarded the Order of Canada, sees herself just like anyone else.

"I'm a very peaceful, lasagna, Betty Crocker mom when I'm not on stage," Tagaq Gillis said.

But in the spotlight, her persona can be dark and her music an intense ballet, often with psychedelic undertones and animalistic fury.

"I'm not into happy, pretty, sweet art that I can eat with a spoon," said the 41-year-old mother from Cambridge Bay.

Sometimes her art comes in the form of a statement of outrage over things like the sexual abuse that has permeated some indigenous communities and society's worship of oil and material wealth.

"There's a correlation between the sounds that I am making that are 'strange or ugly' and rampant child abuse in Nunavut," said Tagaq Gillis, who said she gets much inspiration from other contemporary artists. She mentions entertainer Britney Spears and conceptual portrait photographer Cindy Sherman.

Jan Andrews, who was also named Friday as a member of the Order of Canada, expresses herself differently, more quietly.

But the storyteller and author of a number of children's books, including Rude Stories, is just as passionate in describing how Canada's evolving diversity has allowed her to open up about her own life.

Known widely for leaving audiences quietly spellbound by her storytelling performances, Andrews' most recent recorded work is Written in the Body, a story about gender confusion and something that is part of her own life story.

"I grew up in a time when lesbians just didn't exist," said Andrews, who was born in 1942.

"I remember, growing up as a kid, what I wanted more than anything else was to be a boy."

Canadians can be "inspired" by the latest recipients of the Order of Canada, Gov. Gen. David Johnston said in announcing the appointments, comprised of 75 members, 22 officers and three companions — the highest elevation of the title.

The list also includes former Supreme Court of Canada Justice Morris Fish and former federal Liberal leader Michael Ignatieff.

THE CANADIAN PRESS

TELEVISION

Carey finds voice in war of words over New Year's nightmare

Dick Clark Productions is hitting back against Mariah Carey's claim it sabotaged her live performance on its New Year's Rockin' Eve special.

Carey's disaster during the annual New Year's Eve special in Times Square made international headlines: The superstar vocally stumbled through her short set, failing to sing for most of it despite a pre-recorded track of her songs playing in the background.

Carey was visibly upset during the performance and afterward tweeted "(expletive) happens." Her representative Nicole Perna blamed technical difficulties, and in an interview with Billboard she said Dick Clark Productions hampered Carey's performance.

"She was not winging this moment and took it very seriously," Perna told Billboard. "A shame that production set her up to fail."

Perna said Carey's earpiece wasn't working and she flagged the issue to the production team but was told it would be OK when she got on stage.

"However, that was not the case, and they were again told that her earpiece was not working," Perna said. "Instead of endeavouring to fix the issue so that Mariah could perform, they went live."

In a statement released on Sunday, the production company called such claims "absurd."

Mariah Carey and her team of dancers endured a mortifying New Year's Eve performance. EUGENE GOLOGURSKY/GETTY IMAGES

"As the premier producer of live television events for nearly 50 years, we pride ourselves on our reputation and long-standing relationships with artists," it said. "To suggest that DCK (Dick Clark Productions), as producer of music shows including the American Music Awards, Billboard Music Awards, New Year's Rockin' Eve and Academy of Country Music Awards, would ever intentionally compromise the success of any artist is defamatory, outrageous and frankly absurd."

It said that in "very rare instances" there are technical errors that can occur with live television. It said an initial investigation, however, indicated it had no involvement in the challenges associated with Carey's performance.

"We want to be clear that we have the utmost respect for Ms. Carey as an artist and acknowledge her tremendous accomplishments," it said.

A person familiar with the production of the show who asked for anonymity to speak publicly about the incident said all of the other performers, including Gloria Estefan, rehearsed onsite for their performances and Carey was there but had a stand-in for her rehearsal, atypical for the show's performers. The person said all of the monitors were working and no technical problems were found.

Perna later disputed the claim that Carey did not rehearse.

"Mariah did in fact rehearse at 3 p.m., Perna said. "She went through vocals and her team ran through sound. All was well at rehearsal. She was prompt for rehearsal and her performance."

THE ASSOCIATED PRESS

metro SPORTS

Roger Federer returned from six months on the sidelines with a knee injury to beat Dan Evans 6-3, 6-4 on Monday at the Hopman Cup

Stephens gives Canada boost in return vs. Czechs

WORLD JUNIORS

Red and white hosts through to semifinals

Mitchell Stephens returned from injury to score a goal and set up two more as Canada downed the Czech Republic 5-3 in a quarter-final on Monday at the world junior hockey championship.

Julien Gauthier, with two, Blake Speers and Thomas Chabot also scored for Canada, which advanced to a semifinal on Wednesday against Sweden. The Swedes downed Slovakia 8-3 in their quarter-final.

David Kase gave the Czechs the first-period lead. Kelowna Rockets forward Tomas Soustal got one in the second frame and Simon Stransky of the Prince Albert Raiders scored in the third as the Czechs were eliminated.

Stephens missed Canada's last two games with an undisclosed injury, but the Tampa Bay Lightning prospect showed no ill effects in a game Canada dominated 41-19 in shots. Stephens, Chabot and Gauthier were on the Canadian team that lost in the quarter-finals of last year's world juniors in Helsinki.

Canada had an 11-4 shot advantage in the first period, but the underdog Czechs caught a break for the only goal at 16:49 when a puck deflected in front of Connor Ingram and looked to be going well wide when it struck Slovak referee Jozef Kubus and bounced straight to Kase alone in front of the net. His quick shot went under Ingram's arm to give the Czechs the lead.

Speers, celebrating his 20th birthday, went to the net to redirect Stephens pass behind Jakub Skarek 3:45 into the second frame.

Anthony Cirelli won a draw from Michael Spacek directly to Stephens for a quick shot inside the near post at 7:27.

MONDAY in Montreal

5	3

MORE SCORES

QUARTER-FINALS
Russia 4, Denmark 0
Sweden 8, Slovakia 3
U.S. 3, Switzerland 2

Blake Speers celebrates his second-period goal against the Czech Republic on Monday at Bell Centre. MINAS PANAGIOTAKIS/GETTY IMAGES

Mitchell Stephens MATTHEW MURNAGHAN/ HOCKEY CANADA

Fans in the less-than-half-full Bell Centre groaned as Soustal used a toe drag on a rush to get around Noah Juulsen and score on only the Czechs' sixth shot at 8:53, but Chabot restored Canada's one-goal lead when he stickhandled through the defence and scored from the slot at 13:32.

Gauthier scored on a feed from behind the net from Nicolas Roy 3:18 into the third, but Stransky got it back at 5:54 as he swiped Ingram's big rebound into an open side on the backhand.

Gauthier got another at 6:37 as he banged in Matt Barzal's rebound.

Canada routed the Czechs twice before the tournament — 8-0 during their selection camp in Boisbriand, Que., three weeks ago and 5-0 in an exhibition game in Ottawa on Dec. 21.

Defenceman Philippe Myers, who suffered a concussion in the final preliminary round game against the U.S., did not play. His spot on a pairing with Thomas Chabot was taken by Kale Clague.

THE CANADIAN PRESS

IN BRIEF

Duke's Coach K slated for time off after back surgery

Hall of Fame Duke basketball coach Mike Krzyzewski is stepping away from the team to have lower back surgery.

The school announced Monday that the procedure is scheduled for Friday, with an anticipated recovery time of four weeks. Krzyzewski, 69, will coach Wednesday night's game against Georgia Tech before handing off to associate head coach Jeff Capel. THE ASSOCIATED PRESS

Trojans conquer Penn State with late rally

Matt Boermeester kicked a 46-yard field goal as time expired, and No. 9 Southern California rallied from a 14-point deficit in the fourth quarter for a spectacular 52-49 victory over No. 5 Penn State on Monday night in the highest-scoring Rose Bowl ever played.

Freshman Sam Darnold passed for 453 yards and five touchdowns in leading the jaw-dropping comeback.

THE ASSOCIATED PRESS

Houston's Harden delivers another triple-double

James Harden had 23 points, 10 assists and 10 rebounds to lead the Houston Rockets to a 101-91 win over the Washington Wizards on Monday night.

Harden's ninth triple-double of the season was a rocky encore to New Year's Eve when he had 53 points, 17 assists and 16 rebounds against the Knicks and became the first-ever NBA player to put up a 50-15-15 game.

Harden had six turnovers and was just two for 11 on three-pointers after going nine for 16 against New York. THE ASSOCIATED PRESS

Butler goes off for 52 as Bulls top Charlotte

Jimmy Butler scored 52 points and outdueled Kemba Walker, carrying the Chicago Bulls in a 118-111 victory over the Charlotte Hornets on Monday night.

Butler was a point shy of his career high.

Walker had 34 points and 11 rebounds.

THE ASSOCIATED PRESS

AROUND THE NHL

Even-strength boom

Brandon Saad GETTY IMAGES

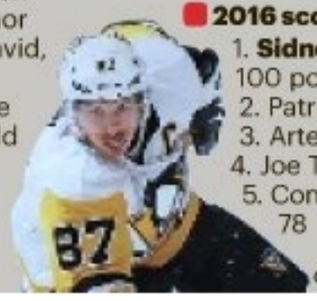
The NHL's current leader in even-strength points? Not Sidney Crosby, Evgeni Malkin or even Connor McDavid, but the Columbus Blue Jackets' 24-year-old winger Brandon Saad, who has 31 such points in 35 games this season.

Columbus keeps trucking

Columbus extended its shocking win streak to 15 games over the weekend, ending Minnesota's equally surprising 12-game run.

2016 scoring leaders

1. **Sidney Crosby**: 100 points
2. Patrick Kane: 87
3. Artemi Panarin: 81
4. Joe Thornton: 80
5. Connor McDavid: 78



GETTY IMAGES

WINTER CLASSIC

Blues triumph in open air

Vladimir Tarasenko looked quite comfortable at Busch Stadium. It turns out his wicked wrist shot works outside, too.

Tarasenko scored two goals in the third period, Jake Allen stopped 22 shots and the St. Louis Blues beat the Chicago Blackhawks 4-1 in the Winter Classic on Monday at the longtime home of baseball's St. Louis Cardinals.

It was 46 F when play began before a sellout crowd of 46,556, the sixth largest for a Winter Classic. It was the 21st regular-season outdoor NHL game.

THE ASSOCIATED PRESS

Vladimir Tarasenko scored a pair on Monday at Busch Stadium in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Seahawks on low trajectory

NFL

Recent woes not enough to break NFC West champs' faith

For the fifth straight season, the Seattle Seahawks have won 10 games and are headed to the playoffs, the longest such streaks in franchise history.

So why does this division title and playoff appearance feel so underwhelming? It's because unlike the previous four playoff appearances when the Seahawks were rolling headed into the playoffs, this time Seattle is limping into the NFC wild-card game against Detroit on Saturday night.

The latest example came in Sunday's regular-season finale against San Francisco when Seattle slogged its way to a 25-23 victory that again raised more questions than provided answers about what to expect when the playoffs arrive.

But even with the lacklustre performance in the latter half of the season, Seattle coach Pete Carroll believes the Seahawks have the pieces for a playoff run.

Seahawks linebacker Bobby Wagner, left, recovers a fumble against 49ers quarterback Colin Kaepernick in Santa Clara, Calif., on Sunday. THEARON W. HENDERSON/GETTY IMAGES

"I think we've got great leadership. We've got a lot of young guys and we're bringing them with us," Carroll said during his radio show on KIRO-AM on Monday morning. "It's a great challenge, a great exercise in putting it together."

79

Seattle averaged just 79 yards per game rushing in its final three matches.

Seattle is playing on wild-card weekend for the second straight year after squandering its chance at a bye with a home loss to Arizona in Week 16. Facing the lowly 49ers was supposed to be Seattle's opportunity to get itself pointed in the right direction headed into the playoffs. And while the win can't be discredited, the fashion in which it happened failed to provide much confidence.

Seattle fell behind 14-3, needed a huge turnover to get back into the game in the first half and nearly watched the 49ers rally in the fourth quarter before running out the clock.

For all the issues that have surfaced late in the season for Seattle, the Seahawks may have drawn the best possible matchup to open the post-season. Detroit lost its final three games of the regular season, was worse than Seattle at running the ball and doesn't have a defence most would consider on the same level as the Seahawks'.

Then again, Seattle was supposed to blow out the 49ers to head into the playoffs on the rise.

"It's kind of like a new season now," Seattle tight end Luke Willson said. "Obviously everyone wants a bye, but that doesn't really matter to us now. We don't have it, and we can't look too far forward."

THE ASSOCIATED PRESS

NFL NOTES

Broncos coach resigns

Denver Broncos coach Gary Kubiak stepped down from his dream job on Monday because of health concerns, saying "the demands of the job are no longer a good fit for me."

Kubiak missed a week of work in October after suffering a complex migraine, his second health scare in three years.

Browns land No. 1 pick

A 1-15 record earned the Cleveland Browns the top pick in April's NFL draft.

The Browns have twice used the No. 1 overall selection since joining the league in 1999. San Francisco (2-14) will pick second.

Peterson believes there's more football left in him

Adrian Peterson says he believes he's fit to play several more seasons in the NFL, even if that's elsewhere from Minnesota.

A torn meniscus in his right knee limited the 31-year-old running back to just three games this season.

DETROIT

Rallies in Lions' pedigree

Jim Caldwell knows what it takes to bounce back in the NFL, within a game and a season, perhaps as much as anyone in the league.

Caldwell's Detroit Lions are the first team in league history to win eight games in a season after trailing in the fourth quarter. They broke the previous league mark of seven comeback wins from fourth-quarter deficits set by the 2009 Indianapolis Colts — coached by Caldwell — that played in the Super Bowl. After the Lions started 1-3 this season, he led them to eight wins in a nine-game stretch.

"The guys have done it," Caldwell said Monday, after losing a game and the NFC North title to Green Bay. "They've been through it. They know what it takes and that's what we'll count on. They have some experience there."

They'll need it.

The sixth-seeded Lions are eight-point underdogs on the road against the third-seeded NFC West champion Seahawks.

Naturally, Caldwell said not to count out Detroit.

"You can rattle off a number of different teams that have gone in and perhaps not had the best regular season that they'd like, but ended up getting themselves in position to really be a factor in the playoffs," Caldwell said.

THE ASSOCIATED PRESS

Jim Caldwell GETTY IMAGES

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MAKE IT TONIGHT

Spicy Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've packed this soup with vitamin-rich pumpkin, spices and creamy coconut milk.

Ready in 40 minutes
Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add onions and garlic until they soften. Now add spices and let cook a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

2. Empty pumpkin purée into the pot and give it a mix with the onions and spices. Now add stock, water and coconut milk. Let simmer about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

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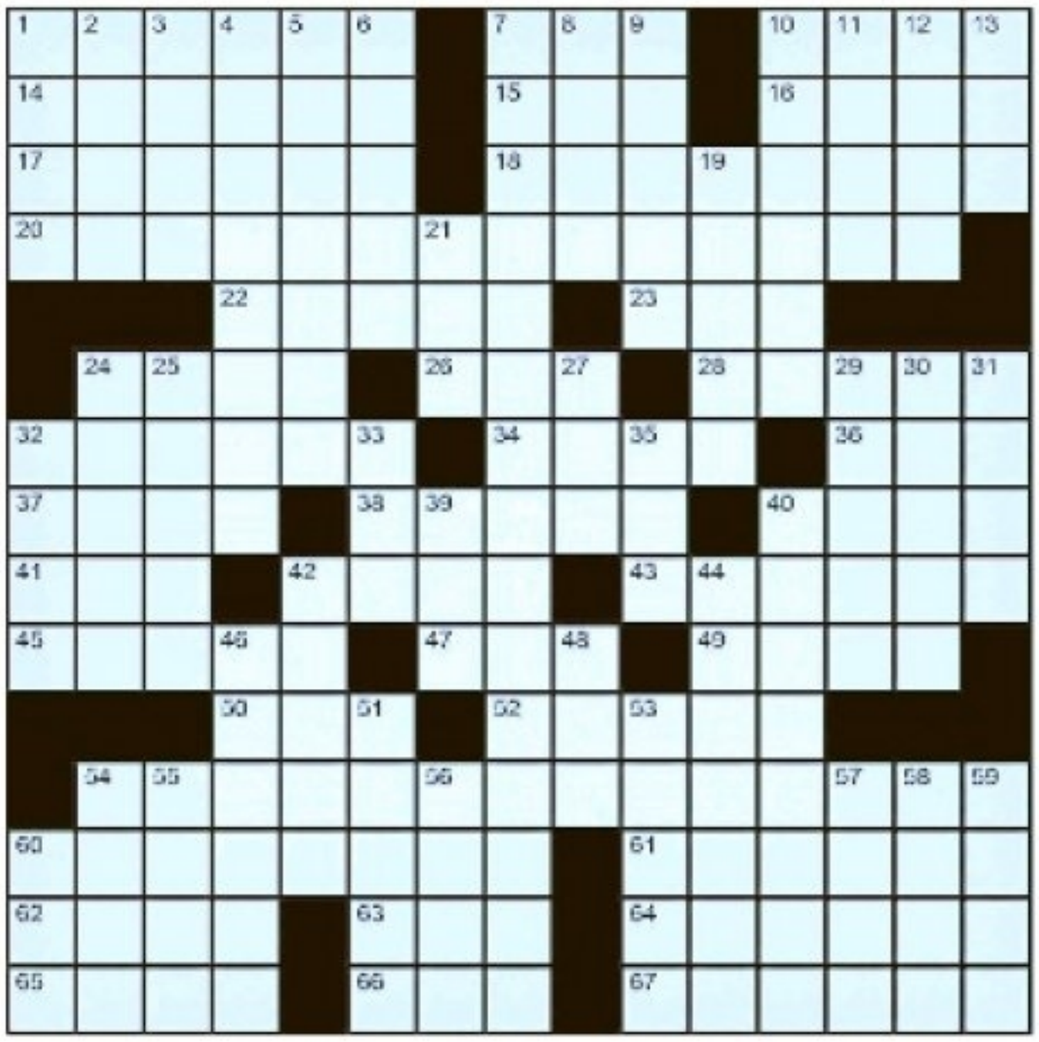
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lorraine of "Rizzoli & Isles"
7. And so forth [abbr.]
10. Niagara-on-the-Lake theatre festival
14. Lucy Maud Montgomery's gig
15. Bucharest money
16. Skier's one-of-two
17. Trickiest
18. Town in central Alberta
20. Taking the stairs instead of the escalator when possible, having an apple instead of apple pie, etc.: 2 wds.
22. Anteater's nozzle
23. Traveller's way, briefly
24. Vintage arcade game, __-Ball
26. "Hello" singer's initials-sharers
28. No __ Salt (Food label info)
32. Shaped like a box
34. 'Alphabet' suffix
36. Cubed food flavouring brand
37. Some sea birds
38. Desi Arnaz's actress daughter
40. Montreal 'honey'
41. "House" actor Mr. Penn
42. Prince Charles, some day
43. Putter's positioning
45. Playwright's production place
47. Match
49. Down Under boots
50. Tolkien creature
52. Dick __ Jr. (Canadian broadcasting legend)
54. They're quite helpful in making Resolutions turn into realities: 2 wds.
60. 'Canada's Victorian Oil Town', located in southern Ontario near Sarnia
61. Figure of speech
62. Shield border
63. Person in command [abbr.]
64. Capital of Kansas
65. Podium
66. French language possessive
67. "__ House" (1978)

DOWN
1. Big party
2. Sporting guideline
3. "Right back __ __!" (Same to you!)
4. Bill and Hillary's daughter's namesakes
5. Kevin of "Field of Dreams" (1989)
6. Prefix to 'dontist' (Teeth specialist)
7. Instruments in Randy Bachman's collection: 2 wds.
8. High-__ (Electronically advanced)
9. "My Fair Lady" (1964) director George
10. Made the recipe 'hot'
11. Digger's creation
12. Shakespeare play title-starter
13. Mini
19. St. __ (District of Winnipeg)
21. Montreal airport code
24. Gym movement for legs
25. "__, Fran and Ollie"
27. Biology, e.g.
29. Faring
30. Business bigwigs, briefly
31. Chiquita's competitor
32. __ Fifth Avenue
33. Inventor Mr. Whitney
35. Ancient bronze money
39. Cologne conjunction
40. Hawaii-set crime/action show of '80 to '88: 2 wds.
42. The Way of the Sword
44. Collegiate cost
46. Styles
48. 'Bit' of breakfast
51. Driving costs
53. Panorama
54. Michael of "Juno" (2007)
55. Mythical Hun king
56. Military assistant
57. Carpe __! (Seize the day!)
58. Betty White's "Hot in Cleveland" character
59. Sigil
60. Pocket-full-of-peas

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to wrap up old business with bosses, parents and VIPs. In fact, you will be surprised at how quickly this can be done.

Taurus April 21 - May 21
You will be pleased to know how fast you can finish school papers or writing projects. That's because it's the perfect day to "finish" things.

Gemini May 22 - June 21
During a discussion with others, you can wrap up loose details about taxes, debt, insurance issues, shared property and inheritances. It's a good day to get these things done.

Cancer June 22 - July 23
Conversations with partners and close friends will be pleasant and practical at the same time today. Fortunately, all parties are interested in getting things done.

Leo July 24 - Aug. 23
You can expect to be involved with your job in a hands-on way today. Roll up your sleeves and dig in, because once you make the effort, you will be pleased with the results.

Virgo Aug. 24 - Sept. 23
If you write, act, teach or work in the arts, you will be creative today. You will see how to present things in the most attractive way possible.

Libra Sept. 24 - Oct. 23
Family discussions, especially about home repairs or practical matters, will go well today. People are friendly and co-operative. What more could you want?

Scorpio Oct. 24 - Nov. 22
This is a strong day for writers, actors and teachers, as well as sales and marketing professionals, because your speech will be charming.

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favored today, which is why you should respect your money-making ideas. If out shopping, you will want to buy beautiful things for yourself and loved ones.

Capricorn Dec. 22 - Jan. 20
You might run into someone from your past today. If so, the conversation will be pleasant, although a bit superficial. This is not surprising, is it?

Aquarius Jan. 21 - Feb. 19
Someone younger might have bright ideas about how to boost your income or spend your money on a meaningful purchase. It never hurts to listen, does it?

Pisces
Feb. 20 - March 20
A conversation with a boss or parent will go well today. People want to help you, and you are ready to say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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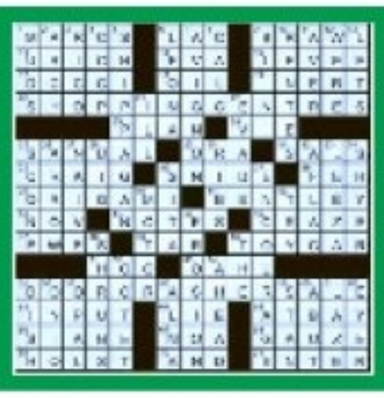

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